

|  |
| --- |
| **ALDI Meal Plan week of 3/21/21 – Find the recipes at MashupMom.com** |
|  |  |
| **Sunday** | Lazy Sunday pork & vegetable stew, buttered baguette |
| **Monday** | Easy pork & potato sheet pan dinner, grapes |
| **Tuesday** | Kielbasa quesadillas, grapes, leftover stew |
| **Wednesday** | Slow cooker very vegetable soup, garden salad |
| **Thursday** | Fajita-inspired sheet pan chicken thighs & peppers, perfect roasted broccoli |
| **Friday** | Sheet pan tilapia dinner, cups of leftover soup |
| **Saturday** | Night off! Leftovers – carryout – or take & bake deli pizza |

**Shopping list (through 3/20):**

*Dairy & refrigerated*

8 oz block Happy Farms mozzarella, $1.95 (Tues)
Countryside Creamery butter quarters, $2.99 (Sun, Fri)

*Grocery*

Specially Selected French baguette, $1.49 (Sun)
Burman’s dijon mustard, $1.59 (Mon, Fri)
El Milagro medium flour tortillas, $.98 (Tues)
32 oz Chef’s Cupboard beef broth, $1.19 (Sun)
32 oz Simply Nature organic vegetable broth, $1.49 (Weds)
14.5 oz can Happy Harvest fire roasted diced tomatoes, $.89 (Sun)
28 oz can Happy Harvest crushed tomatoes, $.89 (Weds)
2 cans Happy Harvest whole kernel corn, $.98 (Sun, Weds)
2 cans Happy Harvest cut green beans, $.98 (Sun, Weds)
1 can Dakotas Pride Great Northern beans, $.59 (Weds)

*Meat*

2.5 lbs boneless thick-cut pork chops, $7.48 (Sun, Mon)
3.25 lbs bone-in chicken thighs, $3.22 (Thurs)
Parkview Polska kielbasa, $2.49 (Tues)
1 lb fresh tilapia, $4.99 (Fri)

*Produce*

2 lbs red grapes, $2.38 (Mon, Tues)
2 lbs carrots, $1.29 (Sun, Weds, Fri)
8 oz bag spinach, $1.49 (Weds)
Bag of garden salad, $1.49 (Weds)
8 oz white mushrooms, $1.89 (Sun)
8 oz baby bella mushrooms, $2.09 (Mon)
1.5 lbs broccoli crowns, $2.24 (Mon, Thurs)
1 lb asparagus, $1.89 (Fri)
5 lbs yellow potatoes, $3.29 (Sun, Mon, Weds, Fri)
3 lbs yellow onions, $2.49 (Sun, Weds, Weds, Thurs)
3 heads garlic, $1.29 (Sun, Tues, Weds, Fri)
3 pack multi-colored bell peppers, $2.99 (Tues, Thurs)
Celery, $1.49 (Sun, Weds)
2 Roma tomatoes, $.40 (Weds)

**Total: $60.90**

***Staple items you’ll need – AKA: Pantry seasonings & condiments used in this week’s recipes, but not in the shopping list:***

*Olive oil, balsamic vinegar, red wine vinegar, flour, black pepper, sea salt, seasoned salt, thyme, rosemary, bay leaf, smoked paprika, crushed red pepper, Italian seasoning, cumin, chili powder, garlic powder, oregano, parsley, tarragon*

*\*\* Note: In many cases you can substitute for and/or omit some of these, depending on the recipe. Read through the recipes to see where you may need to re-stock your pantry staples.*